

EMPLOYEE ASSISTANCE PROGRAM

STATE OF ALABAMA

BHS EMPLOYEE ASSISTANCE PROGRAM

The State of Alabama Employee Assistance Program (SEAP) is a professional service which provides confidential assessment, referral, short-term counseling and community resources to employees for life transition, stress, and behavioral health problems including substance abuse. BHS ensures a face-to-face assessment and an individualized treatment plan on every case.

THE STATE OF ALABAMA EAP

The SEAP is designed to help employees become more effective and efficient in their jobs by providing professional, confidential assistance to problems that are likely to affect their family life and/or job performance, including:

- Marital/Family
- Stress & Financial Management
- Grief & Loss
- Depression
- Eating Disorders
- Anxiety
- ADHD/ADD
- Interpersonal Relationships
- Substance Abuse
- Work-Related Problems

Expected outcomes of the SEAP program include increased retention, reduced absenteeism, improved productivity, fewer job injuries, reduced conflicts involving EEO, harassment, ADA issues, and overall happier employees.

HOW DO I ACCESS THE PROGRAM?

It is as simple as a phone call to BHS: 800-245-1150 or 205-879-1150. A Care Coordinator will ask you necessary information and make a referral to a provider that specializes in your particular area of need.

Remember, the SEAP is confidential. BHS protects your right to confidentiality as required by State and Federal laws, unless the law requires disclosure or if you sign a release of information.



IS THERE A COST TO USE THE SEAP SERVICES?

An initial assessment and up to two (2) follow-up sessions per year will be provided at no cost. Should additional sessions or treatment beyond the scope of the SEAP be required, (such as intensive outpatient or inpatient psychiatric or substance abuse treatment) your BHS Care Coordinator will assist in the transition to your medical plan or community resources.

WHAT IF I AM NOT SATISFIED WITH THE SEAP SERVICES?

The goal of the SEAP is to ensure that you receive the care that is needed for your specific situation. If for any reason you are dissatisfied with the services provided, you may contact the BHS Clinical Services division or the State EAP director at 334-223-6153 regarding the grievance process.

Things to Remember

- ⇒ **Call BHS before you seek treatment**
- ⇒ **Be prepared to give a BHS Care Coordinator your job class code, agency, and basic information regarding your needs**
- ⇒ **BHS will refer you to an affiliated provider for consultation and treatment**

To Access Benefits

- ⇒ **Call 800-245-1150 or 205-879-1150**
- ⇒ **Business Hours: 7:00 a.m. - 5:30 p.m. CT**
- ⇒ **Emergency Access: 24 hours a day, 7 days a week Treatment**

ABOUT BEHAVIORAL HEALTH SYSTEMS, INC.

Since 1989, Behavioral Health Systems has specialized in the management of mental health and substance abuse benefits. BHS is a national company covering more than 500,000 people. On every case, BHS ensures a face-to-face assessment and an individualized treatment plan.



24 Hours a Day • 7 Days a Week Emergency Access
800-245-1150 • 205-879-1150